

Three questions for your first session

Most first sessions are spent figuring out where to start.

Arriving with three things you have already thought about can help you use the time well. It can help the session begin closer to where you need it, rather than in the place where new conversations usually begin.

i For anyone preparing to see a psychologist, GP, or another mental health professional. The prompts on page 2 are an option, not an obligation. Fill in what helps you think. Leave the rest.

WHAT THIS IS

A way to arrive with three things in mind

- Scaffolding for the first conversation, not a script
- A page to bring to a psychologist, GP, or other professional
- A starting place, not a finishing line
- Optional. Bring what comes; leave the rest

WHAT THIS IS NOT

A test or a set of right answers

- Not required reading before a session
- Not a measure of how stressed or burnt out you are
- Not a substitute for the conversation itself
- Not something to perfect; partial is fine

WHAT A FIRST SESSION USUALLY INVOLVES

A clinician asks, you answer, together you start to build the picture.

A first session typically runs for 50 to 60 minutes. The clinician will introduce themselves, explain confidentiality and how the session works, and then ask about what brings you in. The middle of the session is the conversation about what has been going on. The end usually includes some reflection on what has been heard, and a sketch of what the work could look like. **You do not need a tidy account.** The early sessions are often about setting up what comes next.

THE THREE QUESTIONS, EXPLAINED

1 THE MOST PRESSING THING What is most loud, most heavy, most in the way?

Not what is most important in some absolute sense. Most pressing means most present. The thing that is hardest to put down on the way to work.

2 THE STORY YOU HAVE ABOUT WHY What have you been telling yourself about why this is happening?

The conclusion you have already reached. It may or may not be accurate. Naming it lets it be examined together.

3 WHAT A SHIFT WOULD LOOK LIKE What would “something shifting” look like for you, even a small shift?

Not the full resolution. The smallest visible change that would feel like the situation moving.

THREE THINGS PEOPLE OFTEN WONDER

What if I do not know my answers?

Not knowing is itself an answer worth bringing. The point is not to arrive with solutions. It is to arrive having noticed what is here, in whatever form that takes. A clinician can work with “I am not sure” more usefully than with a rehearsed script.

What if my three change before the session?

They often do. Bring whatever is true on the day. The clinician can work with movement, and the worksheet is scaffolding, not a contract.

How will I know if it is the right fit?

Many people have some sense after the first session. The fit is meaningful information, not always the whole picture. If something does not feel right, you can raise it, or book differently next time. Taking it seriously is reasonable.

WHERE TO START, ON PAGE 2

Three large boxes, one for each question. Write as much or as little as comes. There are no right answers.

REMEMBER The first session is for naming what is actually here, not for arriving with conclusions.

When the three questions are answered, bring the page if it helps, or leave it at home. Either is a fine next step.

Three prompts, three boxes

Fill any of the boxes that help you think.

Leave the rest blank. No box is required, and the order does not matter. A few sentences per box is plenty.

1 THE MOST PRESSING THING

What is most loud, most heavy, most in the way?

Not what is most important in some absolute sense. Most pressing means most present. Write a few sentences in your own words.

2 THE STORY YOU HAVE ABOUT WHY

What have you been telling yourself about why this is happening?

The conclusion you have already reached. It may or may not be accurate. Naming it lets it be examined together.

3 WHAT A SHIFT WOULD LOOK LIKE

What would “something shifting” look like for you, even a small shift?

Not the full resolution. The smallest visible change that would feel like the situation moving.

WHEN YOU HAVE YOUR THREE

Bring this if it helps. Leave it at home if it does not.

You do not have to use any of this. If you would like to talk before booking a first session, the Meet and Greet is a short call to see if we are the right fit, with no obligation to continue.

MEET AND GREET

Free

15 minutes

Online or in-person

No obligation